

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

January 2014

Oatmeal with Fresh Fruit
Oatmeal with Dried Fruit
Brown Sugar Cinnamon Oatmeal
Maple Oatmeal
Honey Oatmeal
Strawberry Cream Oatmeal
Power Peanut Butter and Chocolate Oatmeal

Oatmeal with Dried Fruit

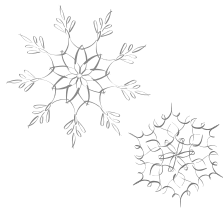
¼ cup water
3 tablespoons dried fruit (raisins, cranberries, apples, apricots, etc.)
½ teaspoon sugar or 1 teaspoon strawberry jam
1 packet plain oatmeal (or ⅓ cup quick oats)
½ cup skim or 1% milk

1. In a microwave safe bowl, microwave water, dried fruit and sugar or jam on high 1 to 1½ minutes.
2. Add oatmeal and milk. Microwave on high for an additional 1 to 1½ minutes.
3. Let sit for 5 minutes to allow time to hydrate the fruit.
4. Add additional milk after microwaving, if desired.

Nutrition Note: This recipe makes 1 serving. Each serving has 240 calories, 2 grams of fat and 51 grams of carbohydrates.

Oatmeal with Fresh Fruit

¼ cup water
¼ cup diced fresh fruit (apples, bananas, etc.)
A pinch of cinnamon
1 teaspoon brown sugar
1 packet plain oatmeal (or ⅓ cup quick oats)
½ cup skim or 1% milk
Chopped nuts (optional)



1. In a microwave safe bowl, microwave water, fruit, cinnamon and sugar on high 1 to 1½ minutes.
2. Add oatmeal and milk. Microwave on high for an additional 1 to 1½ minutes.
3. Add additional milk and the chopped nuts after microwaving, if desired.

Nutrition Note: This recipe makes 1 serving. Each serving has 170 calories, 2 grams of fat and 33 grams of carbohydrates.



Kid-friendly Veggies and Fruits

Encourage your child to eat vegetables and fruits by making it fun. Provide healthy ingredients and let him help with preparation. Your child may try foods he avoided in the past if he helps make them.

Breastfeeding:

Why breastfeed?

"I chose to breastfeed because I know it is so much better for my daughter."

~ Summer, WIC Breastfeeding Mom from Bismarck

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



Brown Sugar Cinnamon

1 packet plain oatmeal (or ⅓ cup quick oats)
1½ teaspoons brown sugar
A pinch of cinnamon
½ cup skim or 1% milk

1. In a microwave safe bowl, microwave all ingredients on high for 1 to 1½ minutes.
2. Add additional milk after microwaving, if desired.

Nutrition Note: This recipe makes 1 serving. Each serving has 170 calories, 2 grams of fat and 31 grams of carbohydrates.



Maple Oatmeal

1 packet plain oatmeal (or $\frac{1}{3}$ cup quick oats)
2 teaspoons maple syrup
 $\frac{1}{2}$ cup skim or 1% milk

1. In a microwave safe bowl, microwave all ingredients on high for 1 to 1½ minutes.
2. Add additional milk after microwaving, if desired.

Nutrition Note: This recipe makes 1 serving. Each serving has 170 calories, 2 grams of fat and 33 grams of carbohydrates.

Honey Oatmeal

1 packet plain oatmeal (or $\frac{1}{3}$ cup quick oats)
1½ teaspoons honey
A pinch of nutmeg
 $\frac{1}{2}$ cup skim or 1% milk



1. In a microwave safe bowl, microwave all ingredients on high for 1 to 1½ minutes.
2. Add additional milk after microwaving, if desired.

Nutrition Note: This recipe makes 1 serving. Each serving has 170 calories, 2 grams of fat and 33 grams of carbohydrates.

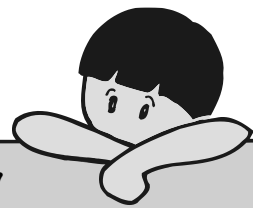
Strawberry Cream Oatmeal

1 packet plain oatmeal (or $\frac{1}{3}$ cup quick oats)
1 tablespoon strawberry preserves, jam or jelly
 $\frac{1}{2}$ cup skim or 1% milk

1. In a microwave safe bowl, microwave all ingredients on high for 1 to 1½ minutes.
2. Add additional milk after microwaving, if desired.

Nutrition Note: This recipe makes 1 serving. Each serving has 190 calories, 2 grams of fat and 37 grams of carbohydrates.

Turn Off the TV



Pretend to float all through your home like a snowflake falling from the sky. Float high, float low, float fast, float slow.

Source: www.headstartbodystart.org

Power Peanut Butter and Chocolate Oatmeal

1 packet plain oatmeal (or $\frac{1}{3}$ cup quick oats)
20 chocolate chips (about 1 tablespoon)
1 tablespoon peanut butter
 $\frac{1}{2}$ cup skim or 1% milk

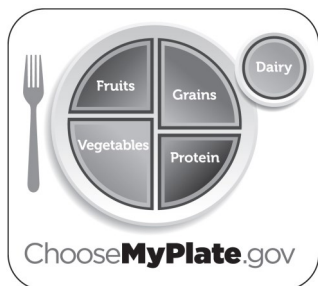
1. In a microwave safe bowl, microwave all ingredients on high for 1 to 1½ minutes.
2. Add additional milk after microwaving, if desired.

Nutrition Note: This recipe makes 1 serving. Each serving has 290 calories, 13 grams of fat and 33 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the
Special Supplemental Nutrition Program
For Women, Infants and Children
North Dakota Department of Health
600 E. Boulevard Avenue., Dept. 301 - Bismarck, N.D. 58505-0200
800.472.2286, option 1

GROWING HAPPY FAMILIES



January is "Oatmeal Month." Celebrate the New Year with good health.

Oatmeal is a whole grain. Offer whole grains for at least $\frac{1}{2}$ of your child's grains. Some ideas are listed below.

- Enjoy a bowl of oatmeal.
- Buy low fat granola made with oatmeal.
- Top your child's favorite yogurt with granola and fruit.
- Sprinkle granola on your child's favorite breakfast cereal – adds fiber, nutrition and flavor.

Source: Nutrition Matters, Inc. – www.numatters.com